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HAD IT HIS WAY TO HIS LAST DAY

LOU REED OF VELVET UNDERGROUND WAS NEVER ONE TO COMPROMISE PAGE 13

Have a healthy Halloween? You serious?

How to keep your kids' good eating habits intact PAGE 15

Coal opponents out in force

Port Metro Vancouver. Potential expansion of exports draws protest

Standing across the Fraser River from the site of proposed coal-export infrastructure, 12-year-old Ta'Kaiya Blaney of B.C.'s Sliammon First Nation questioned what will be left for her generation if the environment is poisoned.

"It's not just an indigenous problem and it's not just an environmental problem," Blaney told a crowd packed into a New Westminster plaza on Sunday.

"We all drink water and we all breathe air."

Alongside municipal, provincial and federal politicians, Blaney was one of more than 200 residents of all ages gathered to protest coal-export expansion at the Fraser Surrey Docks.

Port Metro Vancouver is reviewing an application to build a transfer facility that could handle up to four million metric tonnes of coal, shipped by rail from the U.S. with Asia as the final destination. Its decision is expected soon.

Political voices

New Westminster Coun. Jaime McEvoy and NDP MPs Fin Donnelly and Peter Julian added their voices to the rally, saying they don't want the expansion "rammed through" without proper consultation.

Contrary to industry and port statements that the "silent majority" supports coal-export expansion, the diverse crowd of protesters proves "this is not a fringe issue," said organizer Kevin Washbrook of Voters Taking Action on Climate Change.

Concerns range from the health impacts of coal dust to economic dependence on exporting one of the dirtiest fossil fuels.

The immediate priority is to convince the port to squash the proposal, but the multiple groups at the rally ultimately hope to change the structure of the port, Washbrook said.

The port, Canada's largest, is an independent authority accountable to the federal government. Its mandate is to handle goods safely, but it does not control what substances pass through its operations.

Washbrook criticizes it for an "autocratic" way of doing business — not conducting adequate consultation and not responding to requests from local health authorities for a health impact assessment.

It's "shocking" how little say Canadians have regarding the port's activities, said Dr. Frank James, a clinical associate professor at the University of Washington.

A similar coal-export proposal was thwarted by public backlash south of the border, he said, adding that it's "mind boggling" the port doesn't want to conduct an exhaustive health study. EMILY JACKSON/METRO

Protesters rally against a proposed expansion of coal exports from Port Metro Vancouver in New Westminster on Sunday. EMILY JACKSON/METRO

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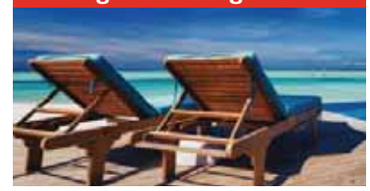

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Hidden costs of sprawl in the billions: Report

Sustainability. That home in the suburbs looks like a steal ... until you add the costs of a second vehicle

KATE WEBB
kate.webb@metronews.ca

The hidden higher costs of car ownership, health care, water treatment, roads and sewage are creating a false sense of affordability in Canadian suburbs, according to a new study by a Victoria-based environmental economist.

The study, set to be released Monday by the University of Ottawa think tank Sustainable Prosperity, says the real-estate mantra "drive until you qualify" is part of the reason suburban sprawl is outpacing the rate of growth in city centres by more than 160 per cent.

Census data shows about 40 per cent of Canadians now live in suburbs.

"The trend that Canadian towns and cities are gathering the data on what it now costs to approve sprawl developments and how much revenue they bring in, and the net losses, I think is going to be a game changer," said lead author David Thompson.

He said some expenses, such as gas, fall directly on the homeowner, while others, such as higher rates of chronic illnesses from inactivity, fall on taxpayers. Still others, such as increased mortality from car crashes, can't be quantified in dollars.

It's incredibly common, he noted, for homebuyers not to account for the long-term costs of transportation when deciding where to buy. By choosing to own one less car, for example, many could afford to live in denser, more walkable urban communities.

"If you took the $10,000-a-year that it costs (the average Canadian) to own an extra small car, let's take that as a mortgage payment, and you can now afford a house over the life of your mortgage that's now worth, say $300,000 or $400,000 more."

Suburbanites drive three times as much as urban dwellers, according to the study, yet pay only about half of the roughly $29 billion Canadians spend on roads every year through fuel taxes, vehicle permits and other fees. The rest comes out of general tax revenues.

On the web

To download the full study, visit http://thecostofsprawl.com.

Gordon Price, director of The City Program at Simon Fraser University, said the biggest problem with the legitimate fiscal and environmental case for density is people's values.

"If you put a very high value on having a ground-oriented house with a backyard close to what you believe is a good school," he said, "that will override both the tangible, hard costs, of the extra car, for instance, and the intangible ones, the amount of time that you're having to drive."

Thompson and Gordon agree that Vancouver has been leading the country on densification for decades, while cities such as Edmonton and Calgary are only just now starting to pay attention to the benefits thanks to rising energy prices.

Thompson's study prescribes a number of measures to encourage denser development in Canadian cities, including tax incentives and disincentives, and urban growth boundaries such as those already used in Vancouver, Portland, Ore., and Toronto.

The dead start to walk in their masquerade

Shun Sugiyama dances along to Michael Jackson's song Thriller with dozens of other people during the Thrill The World flashmob event in Vancouver on Saturday. The event, which is held in numerous cities, is one of the world's largest simultaneous dance events, according to organizers.

DARRYL DYCK/THE CANADIAN PRESS

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Bike to Work Week challenges riders to cycle in rainy season

Fair-weather bikers.
Advocacy group offers courses, tips for those fearful of wet commute

EMILY JACKSON
emily.jackson@metronews.ca

Despite the looming rainy season, cycling advocates hope to convince more commuters to travel on two wheels during the fall Bike to Work Week.

Starting Monday, non-profit cycling organization HUB will peddle its mission — plus free snacks, coffee and bike tune-ups — to commuters at more than 25 stations set up along high-traffic bike paths through Metro Vancouver.

"The purpose of Bike to Work Week is to encourage people who have never cycled to work to try it out," said HUB's Laura Jane, who manages the event. "A lot of people find it is more convenient and fun and easy than they would have thought."

There are numerous health, economic and environmental benefits to cycling, Jane said.

Communities across B.C. participated in Bike to Work Week this spring, with companies competing for the most trips logged, but Metro Vancouver also holds a fall event because "many people are a little afraid of cycling in the rain," Jane said.

While fair-weather cyclists likely won't have a problem with the forecast this week, HUB offers courses and tips on winter cycling to try to win over the water weary.

"You don't need to have a lot of expensive gear to cycle to work," Jane said. "For shorter commutes, a good raincoat generally does the trick."

Just 3.8 per cent of trips in Vancouver were made by bicycle in 2011, according to city statistics, but that's a 40 per cent increase from 2008.

In an effort to become the "greenest" city, council wants two thirds of all trips to be made by foot, bicycle or transit by 2040.

Cyclists cross Main Street at Union under sunny skies this summer. HUB is challenging fair-weather cyclists to keep on biking through the fall. JENNIFER GAUTHIER/METRO FILE

B.C. leaders remember former Musqueam chief

Musquem Chief Ernie Campbell meets with Attorney General Geoff Plant in 2005. JEFF HODSON/METRO FILE

Ernie Campbell, the longtime Musqueam chief who stepped down last year, has died.

Campbell was the First Nations' first elected chief and served as its leader for 14 years from 1998 to 2012.

Tributes began pouring in over the weekend as news of his death was made public.

"I was saddened to hear of the passing of my friend Chief Ernie Campbell," said Mayor Gregor Robertson in a statement from the city.

"I had the honour of working with Chief Campbell to bring Musqueam and Vancouver city councils closer together than ever before, and will never forget our time together hosting the 2010 Winter Games.... I had great respect for how he conducted himself and always enjoyed our conversations."

Robertson said Campbell was a "thoughtful, determined leader" for his people.

"In a city of millions, Chief Campbell stood tall," said Premier Christy Clark. "British Columbia has lost one of its foremost First Nations leaders in Chief Ernie Campbell."

Clark credited Campbell for his "unswerving leadership" on issues such as Aboriginal land, fishing rights and hosting the Olympics.

After stepping down, Campbell was succeeded by his son-in-law Wayne Sparrow as Musqueam chief.

Despite taking a backseat, Campbell remained a strong presence in the community, successfully helping put pressure on the government to protect an ancient burial site in Marpole from developers.

The Marpole Village site was sold to the Musqueam by developer Century Group earlier this month after negotiations between the band, provincial government and the company.

MATT KIELTYKA/METRO

Determination

"In a city of millions, Chief Campbell stood tall."
Premier Christy Clark

East Vancouver

No arrests made in shooting, called targeted by police

The East Vancouver shooting that sent a man to hospital Friday night was targeted, according to preliminary police investigations.

The 29-year-old victim remains in hospital in serious condition after being shot near East 17th Avenue and Fraser Street shortly after 8 p.m.

Police found him on the scene after they responded to reports of gunfire.

While police have not yet confirmed a motive, they say the victim is known to police.

No arrests have been made. EMILY JACKSON/METRO

SeaBus voyeurism?

Transit cops have suspect, lost victim

Police are asking a woman to come forward after officers arrested a 36-year-old male for allegedly taking photos up skirts while pretending to tie his shoes at the North Vancouver SeaBus terminal.

A witness first alerted transit staff on Friday, Sept. 13. Police arrested the suspect and seized his phone.

Cops told a victim in a red dress, who appeared to be approximately 20 years old, what seemed to have happened, but she boarded the SeaBus before they were able to get her contact information. The male witness also left the scene before police were able to get his contacts. MATT KIELTYKA/METRO

Oliver, B.C.

Men arrested over homemade bomb

RCMP in Oliver have arrested two brothers in connection with a homemade bomb, which was planted under a car in what police say appears to be a long-standing feud.

The police say the bombing happened Aug. 11 but wasn't reported for a day because residents believed the blast was a lightning strike.

A resident came to the local RCMP detachment with a piece of shrapnel, prompting officers to attend the scene.

No one was injured, but a large piece of metal was found inside a garage after ripping through a wood stud.

Eric Daoust, 23, and his brother Stephen, 19, have been charged with using explosives. THE CANADIAN PRESS

Interior. Mill closures in B.C. due to pine beetle no surprise, minister says

British Columbia's forests minister says the closure of two sawmills in the province's interior due to the pine beetle infestation is not unexpected.

Steve Thomson says the government has invested more than $880 million dollars to mitigate the impact of the beetle through diversification funding.

Thomson, who is on a trade mission to Japan and China, said from Beijing that he sympathizes with the workers who will lose their jobs when Canfor Corp., closes operations in Quesnel and West Fraser shuts its mill in Houston, though both companies have announced provisions for their employees.

The closures are slated for next March, and both companies have said their timber supply has been wiped out by the pine beetle epidemic that swept through forests in B.C.'s Interior.

Canfor has said its 209 employees in Quesnel will be offered jobs elsewhere in the company and West Fraser has offered to help its 225 Houston-based employees to transition into other positions within B.C. and Alberta, where possible.

The companies also said they have agreed to exchange timber rights, with Canfor taking over forest tenures to support its mill in Houston, while West Fraser will acquire timber for its Quesnel sawmill.

THE CANADIAN PRESS

Penticton. Stolen Corvette driven through dealership showroom

There was nothing subtle about the theft of a Corvette from a Penticton dealership Thursday night.

A 2011 Special Heritage Edition Grand Sport Corvette is missing and the Huber GMC dealership showroom is a shattered mess after thieves broke in Thursday night and escaped with the sports car by driving it through the showroom glass.

That same night, an officer in a marked police vehicle saw the Corvette speed past towards Highway 97, but it was being driven too quick and aggressively for the officer to give chase. The Corvette was clocked at 220 km/h in the Trout Creek Summerland area, but seemed to vanish when RCMP set up a roadblock up the highway in anticipating of the stolen car.

Penticton RCMP are investigating after thieves drove a stolen Corvette through the showroom of this GMC dealership. COURTESY RCMP

Police believe the driver must have turned off the highway before the roadblock.

RCMP continue to investigate the theft and are asking anyone with information to contact police.

MATT KIELTYKA/METRO

High risk

Police arrest sex offender who left halfway house

Police in Vancouver say they've arrested a man they describe as a high-risk sex offender who failed to return to his halfway house.

A news release says 44-year-old Gerald Richard McLean has been living in a halfway house after completing a two-year sentence for sexually assaulting a young child.

THE CANADIAN PRESS

Dollarama

Position on selling poppies clarified

A dollar store in B.C.'s Interior that drew the ire of veterans' groups for refusing to sell poppies in advance of Remembrance Day says vets are welcome to sell poppies at its stores. Dollarama says it has no problem with veterans selling poppies at the entrances of its stores, but company policy prevents unattended poppy donation boxes from being set up at cash registers.

THE CANADIAN PRESS

Two-year-old Italian Greyhound Larry is seen in this undated handout photo. The dog that escaped from Air Canada employees at a California airport while en route to B.C. is dead after apparently being hit by a car. CONTRIBUTED

B.C.-bound dog confirmed dead

PR nightmare. Dog was lost at U.S. airport before Air Canada flight

An American woman who was attempting to relocate an Italian greyhound to a family in B.C., only to learn the dog was missing after it bolted from Air Canada employees at San Francisco's airport, says she's confirmed the animal died after apparently being hit by a car.

The case of Larry the greyhound caused a PR nightmare for Air Canada, first because of the nature of the missing cargo and then after a company official inadvertently sent a dismissive email about the subject to an American television station.

The dog ran away from its handlers at San Francisco International Airport on Oct. 7. Air Canada has said workers took the dog out of its crate during a flight delay, but the animal fled after either slipping out of its collar or breaking it.

Jutta Kulic, a retired dog breeder from Medina, Ohio, was shipping the dog to a couple in Campbell River. The dog originally belonged to Kulic's friend, who recently died of cancer.

Kulic said she received a call earlier this week from a veterinary hospital in San Francisco, which treated the dog after a Good Samaritan found the dog on a highway the same day it disappeared and brought it in.

The dog was badly injured and was put down, said Kulic.

Larry was euthanized almost three weeks ago, but Kulic said the veterinary hospital didn't realize it was the same dog until this past Thursday.

As if the news that a major airline had lost a dog wasn't bad enough, an Air Canada spokesman added fuel to the story when he inadvertently sent an email to a local CBS-TV reporter that said: "I think I would just ignore, it is local news doing a story on a lost dog. Their entire government is shut down and about to default and this is how the U.S. media spends its time."

Quoted

"Many of our employees are pet owners and animal lovers, and our San Francisco team in particular continued to hold out hope that Larry would be found safe."

Air Canada statement

The email was intended for another spokesman within the company, and Air Canada quickly apologized.

The airline issued a written statement after learning the animal had been confirmed dead.

"Air Canada's employees are extremely sad with the news about Larry," the statement said.

"Many of our employees are pet owners and animal lovers, and our San Francisco team in particular continued to hold out hope that Larry would be found safe."

The company said it has reminded employees about its policies for transporting animals.

THE CANADIAN PRESS

A boy inspects a destroyed car after a car bomb attack hit the Sha'ab neighbourhood of Baghdad, Sunday. Insurgents on Sunday unleashed a new wave of car bombs in Shiite neighbourhoods of the city, killing and wounding dozens of people, officials said. KARIM KADIM/THE ASSOCIATED PRESS

Deadly wave of attacks hits Iraq

At least 66 killed. Series of bombings, suicide assault mark the bloodiest day in the country since Oct. 5

A series of attacks including car bombings in Baghdad, an explosion at a market and a suicide assault in a northern city killed at least 66 people Sunday across Iraq, officials said, the latest in a wave of violence washing over the country.

Co-ordinated bombings hit Iraq multiple times each month, feeding a spike in bloodshed that has killed more than 5,000 people since April. The local branch of al-Qaida often takes responsibility for the assaults, though there was no immediate claim for Sunday's blasts.

Sunday's attacks were the deadliest single-day series of assaults since Oct. 5, when 75 people were killed in violence.

Police officers said that the bombs in the capital, placed in parked cars and detonated over a half-hour period, targeted commercial areas and parking lots, killing 42 people.

The deadliest blasts struck in the southeastern Nahrwan district, where two car bombs exploded simultaneously, killing seven and wounding 15, authorities said.

Two other explosions hit the northern Shaab and southern Abu Dashir neighbourhoods, each killing six people, officials said.

Other blasts hit the neighbourhoods of Mashtal, Baladiyat and Ur in eastern Baghdad, the southwestern Bayaa district and the northern Sab al-Bor and Hurriyah districts.

Meanwhile, in the northern city of Mosul, a suicide bomber drove his explosives-laden car into a group of soldiers as they were sealing off a street leading to a bank where troops were receiving salaries, killing 14, a police officer said. At least 30 people were wounded, the officer said.

Also in Mosul, police said gunmen shot dead two off-duty soldiers in a drive-by shooting.

The former insurgent stronghold of Mosul is located about 360 kilometres northwest of Baghdad.

In the afternoon, a bomb blast killed four people and wounded 11 inside an outdoor market in the Sunni town of Tarmiyah, 50 kilometres north of Baghdad, authorities said.

On Sunday night, police said mortar shells landed on homes in a Shiite district of Madain, a town just south of Baghdad, killing four people and wounding nine, officials said.

Such co-ordinated attacks are a favourite tactic of al-Qaida's local branch. It frequently targets civilians in Shiite areas in an attempt to undermine confidence in the government, as well as members of the security forces.

THE ASSOCIATED PRESS

Background

Violence has spiked in Iraq since April, when the pace of killing reached levels unseen since 2008. Sunday's attacks bring the death toll across the country this month to 545, according to an Associated Press count.

Report: 1,500 Canadians languish in foreign jails

For nearly two months, all eyes were on John Greyson and Tarek Loubani, the Canadian activists held in an Egyptian prison before being allowed to return to Canada.

Two other Canadians, Greenpeace activists, Alexandre Paul and Paul Ruzycki, have also been in the headlines as they remain in a Russian prison facing hooliganism charges. If convicted, they could be sentenced to up to seven years in jail.

But there are other Canadians detained abroad who don't have such a network of supporters, and fail to capture similar public attention.

Overall, 1,590 Canadians are in prison outside the country, according to figures provided by Canada's Foreign Affairs department, accurate to Oct. 10.

The bulk of them — 1,097 — are behind bars in the United States. The rest are in prisons in more than 85 other countries.

Foreign Affairs wouldn't provide a breakdown on the circumstances or duration of detention, nor how many cases the government is actively contesting.

But human-rights groups continue to monitor a number of cases where they believe Canadians are being wrongly detained or have been the victim of human-rights violations.

Often, it can take years to bring a Canadian back home.

Earlier this month, Hamid Ghassemi-Shall was finally able to return to Canada after 64 months in an Iranian prison, including a year in solitary confinement.

Ghassemi-Shall emigrated to Toronto, where he was working as a shoe salesman, following Iran's 1979 revolution. He was arrested on espionage charges while visiting his ailing mother in 2008, and faced the death penalty. International pressure, including a stream of letters from supporters to the Iranian government, may have been a factor in helping to keep him alive, according to Amnesty International Canada.

Each case "has a delicate strategy depending on the circumstances of the case," said John Tackaberry, a spokesman for the human rights group.

THE CANADIAN PRESS

John Greyson, right, and Tarek Loubani arrive at Pearson International Airport in Toronto on Oct. 11. For nearly two months all eyes were turned to the Canadian activists held in an Egyptian prison before being allowed to return to Canada. Two other detained Canadians, Greenpeace activists Alexandre Paul and Paul Ruzycki, have also been in the headlines as they remain held in a Russian prison. MARK BLINCH/THE CANADIAN PRESS

Wrenching testimonials

In an effort to dissuade others, the government has a collection of stories on its travel-advisory site from Canadians caught trying to smuggle drugs overseas.

- One man, who was sentenced to 15 years in a Cuban jail for importing marijuana, says the water was a "milky colour and it made me really ill."
- A woman who spent a year in a Jamaican prison for trafficking heroin described living in cramped quarters without running water where "inmates were constantly trying to pick fights with me."

Iran. Anti-U.S. banners a sign of division between hardliners, new president

Banners that suddenly cropped up around Tehran in the past week depict an American diplomat dressed in a jacket and tie, while under the negotiating table he is wearing military pants and pointing a shotgun at an Iranian envoy.

The anti-American images were ordered taken down Saturday by Tehran authorities. But they made their point.

It was another salvo by hardliners who are opposed to President Hassan Rouhani's pursuit of better ties with Washington and are worried that Iran could make unnecessary concessions in its nuclear program in exchange for relief from Western sanctions.

The banners and posters were something of a warm-up to the main event: Rouhani's critics are planning major anti-U.S. rallies on the Nov. 4 anniversary of the U.S. Embassy takeover in 1979 following the Islamic Revolution.

Anti-American murals have long been part of the urban landscape in Iran. Now, however, the images reflect internal divisions in Iran and suggest more intrigue ahead.

THE ASSOCIATED PRESS

7th killed this year

Journalist gunned down in Somalia

A Somalian journalist died in hospital after being attacked by gunmen, a colleague said Sunday, bringing to seven the number of journalists killed in Somalia this year.

Journalist Mohamed Mohamud, 26, died in hospital Saturday night, said fellow journalist Ahmed Nor Mohamed. "We have lost a precious life once again. Doctors were not able to save our colleague," he said.

Mohamud was buried Sunday.

THE ASSOCIATED PRESS

Surge in security denials on FOI cases: Watchdog

Access to Information Act. Info chief wants more staff to cope with Harper government's information refusals

Canada's information watchdog has been flooded with fresh complaints that the Harper government is too often citing security to withhold documents requested under the Access to Information Act.

Suzanne Legault says that since April, her office has seen a surge in such complaints — prompting her to ask for more specially trained investigators.

"I have observed a worrying trend in the number of new complaints of this type in the past four months," Legault wrote in August to Tony Clement, president of the Treasury Board.

Suzanne Legault, information commissioner of Canada
SEAN KILPATRICK/THE CANADIAN PRESS

"So far this fiscal year, we have received 107 new special delegation (security-related) complaints, amounting to 80 per cent of the average number of incoming complaints that my office has previously received over the course of an entire year."

Legault said the problem has been growing over the last five years, but has become acute this year.

She has asked Clement to increase the number of her investigators who have special security clearance to probe these complaints, to 12 people from the current eight. Emily McCarthy, assistant commissioner, said the growing number of these cases is just one aspect of a striking rise in complaints this year. THE CANADIAN PRESS

Clarification needed

$7B deficit boon being questioned

The surprising revelation last week that Ottawa is almost $7 billion ahead of schedule for eliminating the deficit is attracting the scrutiny of a budget watchdog.

The No. 2 person in the Parliamentary Budget Office says officials have asked the government for clarification.

"We'll look at it because it will affect our own numbers, and try and figure out what the source of it is," says Mostafa Askari.

"There's a part we still don't understand ... as to why departments spent less than what they were expected to ... and why they (Finance) didn't see it in March," when the budget was tabled.

In a report last week, the government pegged the deficit for the 2012-13 fiscal year at $18.9 billion, rather than the $25.9 estimated in the budget. The lion's share of the difference was from lower program spending.

THE CANADIAN PRESS

Brooklyn. Man arrested in knifing deaths of a mom and her four kids

An immigrant to the United States was arrested Sunday on five counts of murder in the deaths of his cousin's wife and her four children in a stabbing rampage in their Brooklyn home.

The suspect, 25-year-old Ming Don Chen, implicated himself in the stabbings late Saturday in the Sunset Park neighbourhood, police said. NYPD Chief of Department Phil Banks said the victims "were cut and butchered with a kitchen knife." Two girls, nine-year-old Linda Zhuo and seven-year-old Amy Zhuo, were pronounced dead at the scene, along with the youngest child, one-year-old William Zhuo. Their brother, five-year-old Kevin Zhuo, and 37-year-old mother, Qiao Zhen Li, were taken to hospitals, where they also died.

Chen is a cousin of the children's father; he'd been staying at the home for the past week.

THE ASSOCIATED PRESS

Scene of the multiple fatal stabbings. KATHY WILLENS/THE ASSOCIATED PRESS

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Not amusing

Amusement ride operator jailed

A ride operator is in jail after investigators say someone tampered with a ride at the North Carolina State Fair and compromised safety devices.

Timothy Dwayne Tutterrow of Quitman, Ga., faces three counts of assault with a deadly weapon. He operated the ride when five people were hurt Thursday.

Tutterrow is due in court Monday.

WakeMed hospital spokesman Thomas Morris said three people remained in the Raleigh hospital Sunday after the ride on the state fair's midway suddenly jolted into gear as people were exiting, dropping some riders six to nine metres, witnesses said.

THE ASSOCIATED PRESS

Madrid

Commuter train derails, injures 3

An official says the last car of a commuter train travelling to a Barcelona suburb derailed as it arrived at a platform, slightly injuring three passengers.

A spokesman for the regional government of northeastern Catalonia says one of car's axles appears to have suffered damage, which made it leave the tracks. The spokesman spoke Sunday on condition of anonymity because he is not allowed to give his name to the press according to government rules.

He says the derailment did not affect traffic because other trains were easily diverted.

THE ASSOCIATED PRESS

Coke-filled car

Ontario police seize 65 pounds of cocaine

A Montreal man is under arrest after police seized more than 65 pounds of cocaine from a car east of Kingston, Ont.

Provincial police say the drugs were found Saturday morning inside a sedan pulled over in a traffic stop on Highway 401 near the Township of Leeds and Thousand Islands.

There's no word yet on charges against the 27-year-old man, who is due in court Sunday.

Police are investigating with help from the force's organized-crime enforcement bureau.

THE CANADIAN PRESS

A new way to predict heat waves earlier

Wave No. 5. When high-pressure and low-pressure systems line up in a specific pattern, it foreshadows heat to come: Study

Meteorologists may have found a way to predict some killer heat waves up to three weeks in advance. Now, the best they can do is about 10 days.

An earlier warning would help cities prepare, arrange to open up cooling centres and check on the elderly, said Gerald Meehl, co-author of a study that describes the forecasting clue.

The key may be a certain pattern of high- and low-pressure spots across the globe high in the sky. When that pattern shows up, the chances double for a prolonged and intense heat wave in the eastern two-thirds of the United States, according to the study published Sunday in the journal Nature Geoscience.

This could predict some types of heat waves but not all, meteorologists said. The study's authors said they think the pattern occurred before last year's heat wave in much of the central United States, but they still need more work to confirm it.

The researchers at the National Center for Atmospheric Research in Boulder, Colo., looked at heat waves that lasted at least a week and were about five to eight degrees warmer than normal. In any given summer week, the odds of a heat wave like this happening are usually only about 1 in 67 in the U.S.

THE ASSOCIATED PRESS

The clue

"It gives you a little bit of a heads-up of what's coming."

Gerald Meehl, co-author of a study that describes the forecasting clue

In this July 18 photo, the horse Show Me More is watered down at the Chagrin Valley Hunter Jumper Classic in Moreland Hills, Ohio, as temperatures reached the 90s F. TONY DEJAK/THE ASSOCIATED PRESS FILE

Winter waves early greeting to Calgary

Chic Chikinda shovels snow from the sidewalk in front of his home in Calgary Sunday morning, beneath tree leaves that have only just begun to turn yellow. Less than 24 hours earlier, it was 17 C in Calgary. The forecast low for Sunday evening was –11 C. ROBSON FLETCHER/METRO IN CALGARY

Calif. Governor frees woman sentenced to life for killing her ex-pimp

California Gov. Jerry Brown has decided to allow freedom to a woman who received a life sentence when she was a teenager for killing her former pimp.

Brown decided late Friday not to take action on a state parole board's decision to grant parole to Sara Kruzan, thereby allowing the decision to go into effect, his spokesman Evan Westrup said Saturday.

Kruzan was 17 when she was sentenced to die in prison for the 1994 shooting death of George Gilbert Howard in a Riverside motel room. She contended that he sexually abused her and had groomed her since she was 11 to work for him as a child prostitute.

Her case became a high-profile example used by state Sen. Leland Yee, who sought to soften harsh life sentences for juveniles.

"It is justice long overdue," Yee told the Los Angeles Times. He called Kruzan's case the "perfect example of adults who failed her, of society failing her. You had a predator who stalked her, raped her, forced her into prostitution, and there was no one around."

Kruzan's case garnered widespread publicity in 2010 after Human Rights Watch posted a six-minute interview with her on YouTube.

THE ASSOCIATED PRESS

Stormageddon. U.K. braces for worst storm in years

Driving rains and high winds lashed the U.K. on Sunday evening, as officials warned that the storm forecasters are calling one of the worst in years will cause widespread disruptions for early-morning commuters.

Officials said a 14-year-old boy is feared dead after being swept out to sea while apparently playing in the surf in southern England. Coastguard and police rescuers searched late Sunday for the boy in high seas with poor visibility, but after several hours, the Maritime and Coastguard Agency said it had turned into a search-and-recovery operation.

Sussex Police urged people to stay clear of the seashore until the storm abates.

THE ASSOCIATED PRESS

Waves crash onto a seawall protecting the harbor of Porthleven, Cornwall, southwest England, Sunday. BEN BIRCHALL/THE ASSOCIATED PRESS

A street monkey wears a baby doll mask as it performs last week in a slum in Jakarta, Indonesia. Security forces are conducting raids to rescue macaques used in popular street performances. TATAN SYUFLANA/THE ASSOCIATED PRESS

Jakarta calls for an end to the monkey business

Indonesia. Performances often take place when traffic is backed up in the city's notoriously congested intersections

Indonesia's capital is saying no to monkey business — literally.

Security forces are fanning out across Jakarta, conducting raids to rescue macaques used in popular street masked-monkey performances.

The order came from Jakarta Gov. Joko Widodo, better known as "Jokowi," who wants all roadside monkey performances — known there as topeng monyet — gone by next year.

He said that besides improving public order and stopping animal abuse, the move is aimed at preventing diseases carried by the monkeys.

The city government will buy back all monkeys used as street buskers for about $90 and shelter them at a one-hectare preserve at Jakarta's Ragunan Zoo. The handlers and caretakers will be provided vocational training to help find new jobs.

Femke den Haas of the Jakarta Animal Aid Network welcomed the decision, saying at least 22 monkeys have been rescued since the sweep began last week and quarantined for health issues. The animals are no longer able to live with other primates in zoos and cannot defend themselves in the wild.

THE ASSOCIATED PRESS

Monkey training

Many of the macaques are trained at a slum area in eastern Jakarta, known locally as "monkey village."

- A trained macaque can be sold for up to $135.
- About 350 animals work as street performers in Jakarta.

Toronto

No arrests after man gets stabbed in the face

Toronto police say a man has serious but non-life-threatening injuries after being stabbed in the face.

They say the man in his 20s was rushed to hospital after being stabbed around 6 a.m. Sunday.

There's no word yet on any suspects.

It's the fourth stabbing so far this weekend in the Toronto area.

A pair of stabbings in downtown Toronto early Saturday sent two men to hospital with serious injuries.

And in nearby Newmarket, police say they have a suspect in custody after a man in his 30s was also stabbed multiple times outside a home that morning.

AM 640/680 NEWS/
THE CANADIAN PRESS

Austria

$7.2 million in drugs seized from camper van

Authorities have seized 500 kilograms of cannabis during a routine check on a camping van entering southern Austria from Slovenia on Saturday. Two Italian men were arrested.

Police in Carinthia province said the drugs — divided into 500 packages — were hidden inside the roof of the vehicle, which was stopped Saturday afternoon by a patrol on a highway. A sniffer dog alerted officers to the stash, and the van was taken to a nearby police station and searched.

Sunday's police statement says the drugs had an estimated street value of 5 million euros ($7.2 million).

THE ASSOCIATED PRESS

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Army takes 3 towns from rebels in Congo

Africa. Peacekeeper killed as towns of Rutshuru, Kiwanja and Buhumba wrested from M23 control

Congolese army soldiers march on a mission near Kibumba Hill, which is occupied by M23 rebels, in eastern Congo Sunday. JOSEPH KAY/THE ASSOCIATED PRESS

The Congolese army took three towns in eastern Congo Sunday in fresh fighting against the M23 rebels, said an army spokesman.

The army says it has found two mass graves in Kibumba, a town it took on Saturday.

The army on Sunday gained control of Rutshuru, Kiwanja and Buhumba towns in the Rutshuru area of North Kivu province, near Congo's border with Rwanda, army spokesman Lt.-Col. Olivier Hamuli told The Associated Press.

A UN peacekeeper, a lieutenant from Tanzania, was killed in Kiwanja while protecting the civilian population, according to Sy Koumbo, UN information officer. Another Tanzanian soldier was injured, she said.

THE ASSOCIATED PRESS

1 dead in bomb attack in Afghanistan market

A shopkeeper cleans his shop after a roadside bomb went off on the outskirts of Kabul, Afghanistan, Sunday. An Afghan official and witnesses say the bomb, apparently targeting a group of soldiers, killed a civilian in a market in the capital. RAHMAT GUL/THE ASSOCIATED PRESS

Georgia

PM-backed candidate wins presidential race

Giorgi Margvelashvili, the candidate backed by Georgia's prime minister, easily won Sunday's presidential election in the former Soviet republic, exit polls indicated. THE ASSOCIATED PRESS

Romania

Ethnic Hungarians rally for autonomy

Thousands of ethnic Hungarians held rallies on Sunday to demand autonomy for their minority group in the areas where they live in Romania. The marches were held Sunday in 14 communities of Transylvania. THE ASSOCIATED PRESS

Spain

Thousands protest terrorists' release

Several thousand people gathered in downtown Madrid Sunday to protest a European court ruling that has led to the release of imprisoned Basque separatists convicted of terror attacks.

THE ASSOCIATED PRESS

Posh kibble. Fido used to eat table scraps — now he get pricey organic food

Organic kibble? All-natural chow? Fido and Fluffy don't know it, but their owners want them to eat better — and they are forking over big bucks to make it happen.

Even through the Great Recession, premium dog and cat food — the latest iteration of which is advertised as "natural" and "organic" — has been claiming an ever-bigger share of the market. Sales of the more expensive brands jumped 68 per cent in the U.S. from 2002 to 2012, compared with 19 per cent for mid-priced brands and just eight per cent for economy brands, according to Euromonitor International.

Major manufacturers like Nestle Purina and Del Monte Foods are also capitalizing on consumers' willingness to spend more on food they perceive to be better for their furry friends.

"People think of their pets not as pets, but as members of their family, and they want to treat the members of their family with the same respect as they treat themselves," said Molly Maier, senior analyst at market research firm Mintel Group Ltd. THE ASSOCIATED PRESS

Decoding that label

Pet food labelling is regulated by the U.S. Food and Drug Administration.

- Products labeled as "premium," "super premium" or "holistic" are not required to contain different or higher-quality ingredients. They are marketing terms.
- Products labeled "natural" by and large may not contain artificial flavours, colours or preservatives.
- Products labeled "organic" must follow strict U.S. Department of Agriculture guidelines for human organic food.

By the look of it Fido might be eating a better meal than you tonight. Owners are increasingly paying top dollar for healthy pet food. MATT SLOCUM/THE ASSOCIATED PRESS

Sowing seeds of change

A new crop of tech-savvy farmers using mobile apps

Farmers across the country are relying on new cyber tools to help them monitor the weather and their irrigation systems and even map crops.

Longtime dairy farmers in Vermont are now keeping records on their smartphones of their fields and crops — from manure and fertilizer applications to corn and hay harvests, thanks to a savvy University of Vermont researcher.

Agronomist Heather Darby of UVM Extension got the idea as she was working with farmers to develop plans to manage their fields and crops and protect the environment. She said the farmers weren't very good at keeping records, but they had grown accustomed to using cellphones. THE ASSOCIATED PRESS

It is said good fences make good neighbours, but when you are surrounded by hundreds of residents disputes are more likely to flare up. And some of those arguments inevitably end up in court. DARRYL DYCK/THE CANADIAN PRESS FILE

Not quite loving thy condo neighbour

Experts. As more Canadians opt to live in cramped units, the number of residents turning to courts to settle fights could rise

When Toronto resident Robert Jerome celebrated his 30th birthday by purchasing a unit in a low-rise condo development about 15 years ago, he quickly came to see his neighbours as his extended family, often meeting up to chat in their shared courtyard, which would be filled with children in the summer.

And then Natalia Korolekh moved in.

What happened next were five years of alleged verbal and physical abuse that overshadowed the community, ending with a judge issuing an order in 2010 for Korolekh to sell her condo and move.

The case is similar to one currently playing out in British Columbia, where a woman is appealing an order to sell her condo due to neighbour complaints. While rare, it's a scenario some experts predict will only become more common as the number of Canadians choosing the close-quarters of condo living increases.

In the Ontario case, Korolekh frequently hurled racist and homophobic obscenities at her neighbours, according to affidavits written by Jerome and other residents. A judge accepted those as accurate accounts of the woman's behaviour, though Korolekh has always denied any wrongdoing.

In one instance, she hit one of her neighbours in the neck, the affidavits said. In another, she tampered with another neighbour's cable TV service. She appeared to encourage her Rottweiler's aggressive behaviour, including when children were around, according to the documents.

It took a lawsuit filed by the condo board and a court order to finally put a stop to it.

"What she was doing was wrong," recalls Jerome, who says normalcy quickly returned once Korolekh was gone. THE CANADIAN PRESS

Law of averages

Peter Roberts, a lawyer who specializes in commercial and property law, says whatever happens in the B.C. case will undoubtedly influence other judges the next time a problem neighbour ends up in court, which he predicts will happen more often.

- "The law of averages tells you that the more people that are living in (condos) and the smaller the units are, there are going to be more conflicts," he says.

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IT'S MORE THAN A FEW PSYCHOPATHS

URBAN COMPASS

Paul Sullivan
vancouver@metronews.ca

Men are reacting like scorched cats to the posters that have turned up on UBC notice boards and lampposts following at least three sexual assaults on women on campus in recent days:

"Don't be a rapist! Someone walking alone is not an invitation for you to rape or assault," says one of the posters, and there are others, all anonymous, couched in an oddly polite, instructive language, as if they were ghost-written by Emily Post:

"Learn how to deal with rejection."

"If you slip up, and everyone does, learn how to make amends."

"Recognize that many women are bombarded with sexual interest."

"Don't be a creep. Learn how to manage your sex drive."

And "Make consent part of your approach."

My first thought was that any attempt to reason with a rapist is going to end in tears, but a project at the other local university — Simon Fraser — has blown my mind and now I'm trying to reassemble it so it works better.

Two students have launched a website inviting women to share their stories of sexual harassment on Translink, and, in less than a week since it was launched, there are dozens of them. Women are unloading stories of being stalked, rubbed, subject to threats and assault, and having men exposing themselves.

Once you realize that the women who have posted on the website must just be a tiny fraction of the women who have been harassed, you begin to appreciate just how widespread this problem is.

In fact, as I think about it, I'm not sure I know a woman who does not have her own story of being sexually harassed.

And this spate of assaults at UBC — which should be as safe as a public place can be — reminds them that a woman alone is a target. Not a nice thought, is it guys?

Frankly, gentlemen, this problem is more widespread than can be attributed to a few psychopaths. There are times and places where I don't feel quite as safe as I would like, but not all the time, and never in broad daylight on the Skytrain.

So maybe we (men) all need some instruction. Maybe we (men) need a lot of instruction. Start with the Golden Rule, which, if you haven't heard, is still "Do unto others what you would have them do unto you," a universal ethical and moral cornerstone, just as universally ignored.

And, if your male ego can stand it, take a few minutes to "learn how to deal with rejection" or making "consent part of your approach." Contrary to current thinking, this also applies when you're drunk.

It doesn't matter if the posters are clumsy, or presumptuous or intrusive. What matters is that they speak to the truth and are necessary.

ZOOM

Oscillate wildly

EXTRACTED FROM SHAKE, BY CARLI DAVIDSON, PUBLISHED BY HARPERDESIGN © CARLI DAVIDSON 2013

SHAKE it

An animal photographer has captured the amusing and absurd facial expressions made by dogs as they frantically shake water off themselves. Carli Davidson, 32, from New York, photographed 61 charming dogs while they were in mid-oscillation. Her entertaining portraits now feature in her new book SHAKE. **METRO**

Q&A with photographer

'You can't trick them'

How do you capture the animal's personalities so well?
It's what I'm looking for in all my photography. The feeling behind the image is what's important to me, an expression the viewer can anthropomorphize. I spend time getting to know the animals, and making them feel as relaxed as possible so they show their true character.

What are the biggest differences between a human shoot and a canine one?
Animals work 100 per cent on instinct; you can't trick them, so if you are not committed to the shoot they won't perform. They can sense your stress and they respond to it accordingly. So much about working with animals is about being in the moment with them, listening to their needs. This is similar with people, but we can just ask people what they need. With animals you need to create a dialogue based on instinct and respect. **ANTHONY JOHNSTON/METRO WORLD NEWS**

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

Just because you don't know your Baco Noirs from your Pinot Noirs doesn't mean you have to look like a dolt in front of your pals with more sophisticated palates. With a quick scan of your smartphone, you can now get the Coles Notes of wine faster than you can say Gewürztraminer.

DAVIDE RESTIVO/FLICKR

Vivino:

Think you've had a few too many to remember the vintage you're sipping on? Take a pic of the bottle, upload it to Vivino and get the tasting notes. And if you don't trust the experts, you can add your own (vita)cultured friends to read their reviews. iPhone, Android and BlackBerry.

Delectable:

Similar to Vivino (snap a pic and voilà! tasting notes), but with more emphasis on design. Plus, the delectable blog offers non-smartphone users a chance to catch up on the who's drinking what. iPhone only.

Drync:

This app takes wine lists a step further. Specifically, to your doorstep. Take a photo of the bottle, rate it and order it. iPhone only.

Tweets

A squirrel in Iowa is allegedly responsible for vandalizing a college professor's bicycle. If found guilty, what should its punishment be?

@WpgNHLAddict: repay the professor for bike repairs in acorns and nesting material #coldandhungry-winter #squirrelsgold

@MiroslavGlavic: Squirrel BBQ. #iamhungry

@SeoulShakin: Obviously 10-20 in the Nuthouse.

@mtnbvan: "Death by cyclepath"

@jnevills: sentenced to 12 months without nuts and 6 months of tree arrest. No opportunity for parole.

@kim11koi: To catch the squirrel you must become the squirrel.

@CycleLdnont: No punishment. It only continues the nutty cycle.

@ac_awesome: 100 hours of commu-nutty service. #nailedit

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Legendary Lou Reed was never content to compromise

In memoriam. Rock pioneer and Velvet Underground leader, who has died at age 71, had undergone a recent liver transplant

PAT HEALY
Metro World News in Boston

Lou Reed, the punk-poet of rock 'n' roll who profoundly influenced generations of musicians as leader of the 1960s cult band Velvet Underground and remained a vital solo performer for decades after, has died.

Reed's literary agent Andrew Wylie says the legendary musician died Sunday morning in Southampton, N.Y., at age 71 of an ailment related to his recent liver transplant.

The singer and guitarist first attracted attention as the leader of the Velvet Underground, a group that gained notoriety as an Andy Warhol project and combined a sense of the avant-garde with pop music. With Reed's poetic lyrics and the band's always experimental (and sometimes dissonant) approach, they arguably serve as the starting point for alternative rock music.

Last gigs

- Reed stayed invested in the arts until his death, mentoring younger artists and even taking the time to write a review of Kanye West's Yeezus on The Talkhouse website.

Lou Reed's tours were always successful. GETTY IMAGES FILE

Though the band was not commercially successful, its influence was widespread, historically on the left-of-centre, resulting in the oft-quoted adage that though not many people bought the band's first album, everybody who did ended up starting a band. The Velvet Underground was inducted into the Rock and Roll Hall of Fame in 1996.

After the Velvet Underground, Reed went on to collaborate with David Bowie in the 1970s, finding chart success with Take a Walk on the Wild Side and carving out a niche for himself in the glam rock movement.

But as an artist, Reed was never content to compromise or to even do what his growing fan base expected. Over the years he released many albums that listeners and critics alike had difficulty with, such as 1975's Metal Machine Music, which consisted of more than an hour of feeding back guitars that sounded like what its title implies.

Other projects were also met with fierce criticism, such as his 2003 Edgar Allen Poe-inspired The Raven and his final release, a 2011 collaboration with Metallica entitled Lulu.

But for every unexpected left turn his muse took, Reed remained a figurehead for the movement he started and his tours were always successful.

For a time Reed was infamous for his substance abuse, but he had cleaned up in his later years, finding new inspiration in Tai Chi and his third wife, artist Laurie Anderson. He underwent a liver transplant earlier this year, which Anderson had said was "as serious as it gets. He was dying."

His legacy will live on in the songs he has left behind — in his own magnificent versions and in cover versions by the likes of U2, Joy Division, Nirvana and David Bowie.

WITH FILES FROM THE ASSOCIATED PRESS

A pair of angry birds, out to save their kind

NED EHRBAR
Metro World News in Hollywood

Parks and Recreation star Amy Poehler's latest feature film venture, Free Birds, follows a pair of turkeys using a stolen time machine to steer the first Thanksgiving menu away from their ancestors. But Poehler has plenty to concern herself with in the present day.

We spoke with Poehler just before some good and bad news broke for her: First, that she and Tina Fey would be hosting the Golden Globes for the next two years, and then that NBC was pulling Parks and Recreation from its schedule for three weeks.

Even considering the main characters are turkeys, is this really the best use for time-travel technology?
Well, once we start breaking down animated films and the way that they should better use their technology, I think we're really going to paint ourselves into a corner.

You're managing to squeeze in a lot of film work between seasons of Parks and Recreation.
It's fun to do different things. My schedule with Parks is almost like a nine-month schedule with breaks in between, so I have lots of opportunities for hiatus stuff to do. And animated stuff, you can kind of do that on your hiatus and breaks in between. I filmed a couple of things last summer and the summer before that quite a bit. It's always fun to try to squeeze in what you can when you can.

In the animated film Free Birds, turkeys voiced by Owen Wilson, Woody Harrelson and Amy Poehler aim to get turkey off the holiday table. CONTRIBUTED

Weekend box office

- Apparently, astronauts are no match for Jackass. According to studio estimates Sunday, Paramount's Jackass Presents: Bad Grandpa tops the weekend box office with $32 million US, sinking three-week champ Gravity to second place.

THE ASSOCIATED PRESS

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The Word

Bieber doesn't always screw up, but when he does ...

STARGAZING
Malene Arpe
scene@metronews.ca

Justin Bieber is photographed drinking a Dos Equis in Texas where, by the way, the legal drinking age is 21. Justin doesn't always drink beer, but when he does it's always supericky and he wishes he'd asked for a Fanta.

According to the Daily News, someone connected to Planet Hollywood says staff were provided with a list of evasive answers to use if asked whether Britney Spears sings live at her upcoming shows. They include: "You are pretty. Your hamster looks very soft." "I'm afraid of interest rates." "I don't care for spinning classes" and "have you tried our endless shrimp?"

Rumour has it Tim Burton will be making Beetlejuice 2. Which explains why Michael Keaton has been asking Robin Thicke for his suit back and sending threatening letters to Johnny Depp.

Billy Bob Thornton says then-wife Angelina Jolie got angry over his 2001 Monster's Ball sex scene with Halle Berry. "Well," he continues, "I'm sorry, but it's not like anything interesting has happened to me since then."

Perrie Edwards of Little Mix said of her band mates, "I wouldn't say we're feminists: we don't hate our men." "Oh, for bleep's sake. This is what happens when I'm underfunded," said the education system.

A 33-year-old man spent $100,000 on surgery to look like Justin Bieber. The way Justin is going, he'll be asking for the name of that guy's surgeon soon.

Kim Kardashian says baby North doesn't wear pink but, rather "mauve or blush." In a prepared statement, Blue Ivy Carter and Harper Beckham scoffed at the comments.

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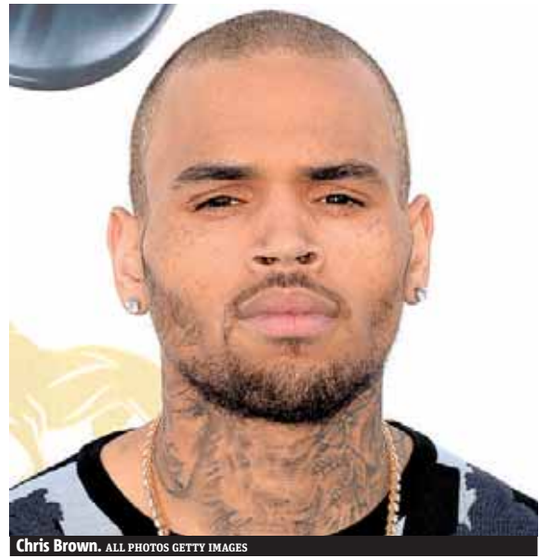
METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Chris Brown. ALL PHOTOS GETTY IMAGES

Chris Brown charged with felony assault

Chris Brown was arrested early Sunday in Washington, D.C., after a fight broke out near the W Hotel, police said, complicating an already snarled legal history for the Grammy Award-winning R&B singer.

Brown, 24, was charged with felony assault in an incident that started just before 4:30 a.m., D.C. police spokesman Paul Metcalf said Sunday morning. Chris Hollosy, 35, also was arrested on felony assault charges, Metcalf said. Police believe the two men were together during the incident but said they couldn't confirm any relationship between the suspects.

Brown and Hollosy were being held in police custody until Monday, Metcalf said.

A man was injured in the fight and reportedly taken to a hospital, police said, but they did not identify him or give details on his injuries. It was not clear whether the victim was taken by ambulance or another vehicle.

He had been released from the hospital as of early Sunday afternoon, Metcalf said.

THE ASSOCIATED PRESS

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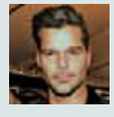

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Quincy Jones wants MJ's money

Quincy Jones

Quincy Jones is suing the estate of Michael Jackson for $10 million, alleging that "clandestine arrangements" of newer releases of material he worked on with the late singer have served to cheat him out of royalties, according to the Hollywood Reporter.

"Quincy has been frustrated with these matters for a number of years, felt he was not making any progress and needed to take more formal action," his attorney says.

Thicke talks up his sex life

Robin Thicke

Robin Thicke would like everyone to know that he and wife Paula Patton have a fantastic sex life.

"We're over-spiced. We could probably take a few spices off the shelf," he tells Elle magazine, adding that the couple enjoys getting intimate while listening to his music. "She likes to do it more than ever now. Sometimes she'll even play groupie for me."

Book excerpt

Homework 101

IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

Let's break this down a bit, shall we?

Homework is work to be done at home. Whether it's work that should have been done in the classroom or work specifically designed to be done at home, there's one commonality that all children's homework shares: it's their homework. They need to do it.

You doing it for them is like having the supervisor come over to your production station and doing your job while you watch.

Resist the urge to have your child turn in perfect homework that's only perfect because you did most of it. If the teacher doesn't know where/how they are struggling, they can't help them in the classroom.

Also, don't be a homework nag. You're not the one who has to explain to the teacher why it's not done, and you're not the one who misses recess because of it. Let this happen once and see how quickly they get the message.

EXCERPTED FROM KATHY BUCKWORTH'S I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS (MCCLELLAND & STEWART, 2013), WHICH HAS RECENTLY BEEN OPTIONED BY WARNER BROTHERS TELEVISION. AVAILABLE AT CHAPTERS, AMAZON AND WHERE BOOKS ARE SOLD. VISIT KATHYBUCKWORTH.COM

Exclusively online

Halloween: Every mother's worst nightmare. Find out why with exclusive Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the hilarious bestselling book Reasons Mommy Drinks, at metronews.ca/voices

Join the laughter on twitter @mommyreasons

Halloween: Scariest day of the year for health-conscious parents

Tips. There are ways to keep the candy-filled occasion fun and healthy

ANISA ARSENAULT
Metro World News in New York

Halloween is a good time to involve kids in healthy eating discussions. ISTOCK

With mountains of candy, Halloween can be a nightmare for parents.

Traci Paige Johnson, creator of Blue's Clues, offers suggestions for a fun and healthy Halloween. And if you're wondering what the voice of Blue is up to now, she's pioneering Yummiloo, an interactive musical food adventure series (currently an app, soon to be a show) designed to teach kids about healthy eating.

Before you equate Yummiloo's mission with "ruining Halloween," keep in mind Johnson advocates candy in moderation. In fact, she says making sweets totally off limits will only result in an eventual binge.

"If you make candy an absolute no, then it becomes more enticing," Johnson says. "It's all about balance, all about enjoying the holiday and not being too taboo or negative about the candy. Embrace it, and use it as a teaching moment for kids."

When it comes to healthy eating and rationing candy, make sure that kids are part of the process. "You can sit down together and figure out how much candy is good for a day," Johnson says. "Maybe it's one little candy bar and two Smarties. Also, if they have a piece of candy, it's good to serve it with a glass of milk or a little cut-up fruit to fill them up."

Inevitably, you're going to have more candy than you can even think about eating. Johnson recommends cutting some up, freezing it, and using it to cook with later on. "Use it again when you're making oatmeal cookies or just sprinkle some on your oatmeal," she suggests.

Johnson encourages parents to cultivate healthy eating habits in kids, but ultimately just enjoy Halloween. "The trick is to balance and have things in moderation," she says. The trick is to allow treats.

Candy-free activities

- **Pumpkin volleyball.** "Take orange balloons and have your kids draw on Jack-o'-lantern faces with black Sharpie, and sort of play volleyball," Johnson says.
- **Arts and crafts.** "Collect leaves and acorns or anything from nature, and glue it on gourds or pumpkins to make creatures," she says.

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Healthy eating

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While grabbing dinner at a fast food place is a treat for kids, be careful what you allow them to order.

Wendy's chicken fingers, fries and chocolate Frosty

590 calories / 26 g fat
These choices give them little nutrition as a meal.

Equivalent

Wendy's chicken fingers, fries and a chocolate Frosty are equal in fat to eight cups Kraft Dinner Mac and Cheese.

Wendy's kid's hamburger with a strawberry yogurt

320 calories / 12 g fat
The kid's burger with strawberry yogurt is a much better offering.

Hit (or two) of curry elevates Parsnip and Apple Soup

Apples and parsnips go really well together and offer a perky taste of autumn.

You can decrease or increase the amount of curry powder to suit your taste. If you cut back on the curry, grated fontina or white cheddar can be sprinkled over top just before serving. If you like a stronger curry flavour, use 10 to 15 ml (2 to 3 tsp) of curry powder.

You can reduce the saturated fat by substituting vegetable oil for the butter and using homogenized milk instead of cream.

Ingredients

- 45 ml (3 tbsp) butter
- 1 large cooking onion, peeled and diced
- 5 ml (1 tsp) curry powder
- 4 parsnips, trimmed and cut into 1-cm (1/2-inch) pieces
- 1 carrot, peeled and diced
- 2 Granny Smith apples, peeled, cored and diced
- 1 l (4 cups) vegetable stock
- 250 ml (1 cup) cider (approx)
- 250 ml (1 cup) 35 per cent cream
- Sea salt and white pepper, to taste

1. In stock pot, heat butter over medium heat. Add onion and cook until soft. Add curry, parsnips, carrot and apples and cook for 5 minutes, stirring.

2. Add stock. Bring to a simmer and cook at a low simmer for 25 to 30 minutes or until vegetables and apples are tender.

3. Purée soup with an immersion blender until smooth.

4. Add cider and cream. If soup is too thick, add more cider, 125 ml (1/2 cup) at a time, until desired consistency is reached. Season with pepper and salt.

5. Ladle into warm soup bowls, garnish with apple slices and a small sprig of thyme and dollop of mild goat cheese. **THE CANADIAN PRESS/JILL'S SOUPS BY JILL WILCOX (2007).**

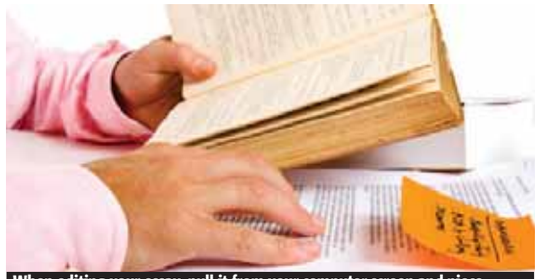
This recipe serves eight. THE CANADIAN PRESS/ JACKIE NOBLE

Who you tryin' to get crazy with, essay?

Don't you know I know my stuff? Study up on perfecting all your school papers

BRUCE WALSH
Metro World News

We asked professors around the country to give their advice on how to make your college essay stand out.



When editing your essay, pull it from your computer screen and piece through the writing in print. ISTOCK

Read it loud and proud

There is a reason reading aloud is an almost universal staple of composition classrooms: It works. A wide variety of research has shown that vocalizing your own writing causes your brain to process language in a different way. You hear mistakes you never would have caught otherwise.

"As a writing teacher, it's my number one go-to," says Josh Ambrose, director of the McDaniel College Writing Center.

"It's like when you listen to your own voice mail message, and you're like, 'That's not what I sound like.' There's always this disconnect between the voice we hear in our head when we're writing and the voice that comes out on the page."

Remember: It's not math

Nobody — not even James Joyce — can claim to be 100 per cent correct when it comes to grammar. (After all, he did exhibit some funky punctuation in Ulysses.) "It's an imperfect science. Some people try to make it as rigid as math, but that just confuses students — and makes them reluctant to write because they can't win," says David Robson, who teaches composition at Delaware Valley Community College. "Sure, there are hard and fast rules, but you need to bend them from time to time."

Go old-school

Research has shown that editing on actual paper helps the brain focus on the task at hand.

- "Your eye doesn't take the same care when engaging with a computer screen," says Samra Bufkins, a writing professor at the University of North Texas.
- "As soon as the words are on paper, things start jumping out. Your mistakes become more tangible."

'Round the world wisdom

Focus on what you can control

LESSONS FROM THE DESERT
Stefan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10, and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

When you sense that things are unravelling, be it at the workplace, or at home, get back to basics by asking yourself, "What can I control right now?"

First, assert your control over smaller, simpler things you can achieve. If you can achieve a few small successes they can, and will, amount to a big win over time. The reward lies in the fact that experiencing success in one area of your life can be the turning point, going on to impact other parts of your life.

In 2008 I found myself overwhelmed by the economy as it impacted every part of my life negatively. I consciously chose to turn my focus onto one element I felt I could control — my health. I declared I would be fitter than ever before within one year, reasoning that doing so would serve to boost my energy and clear my mind. If the negative economy persisted, I would at least have my health. I set a goal to do something only a fit person could do, running the desert, despite not knowing how to run. I took my first running steps in December 2008, and six months later ran 250 km across the Gobi desert.

So always ask yourself, when facing a big challenge, what parts of your life can you control?

STEFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

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Sure, that's a good cover letter, but how many likes does he have?

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Resumés being replaced? New graph search tools allowing employers to find potential prospects on Facebook

VICKI SALEMI
Metro World News

The next time you're surfing Facebook, you may want to spruce up your profile in the spirit of landing a new job. Work4 Labs, a software company developing Facebook recruiting applications, has launched a graph search tool for recruiters. And if its CEO has his say, it will apparently give other social networks stiff competition.

What would a recruiter interpret about you as a person after pulling together all your current Facebook information? ISTOCK

According to Work4 CEO Stephane Le Viet, "LinkedIn covers a slice of the market that's very valuable, but it doesn't cover everything," he says.

Taking retail, hospitality, health care and other industries into account, their workers may not lean on an online professional network to propel their careers.

"They don't carry around business cards (and) they don't use their professional network to enhance what they're doing at work. But pretty much all of them have a profile on a social network, and for the majority of them that's Facebook."

Le Viet points out that users also have friends online, thereby building a robust referral network. "Recruiting has always been about fishing where the fish are," he says. If you're among the 1.15 billion monthly active users on Facebook, then you're swimming in an abundant school of fish that employers are tapping into.

The latest product to emerge from the San Francisco-based company is a tool that uses Facebook's graph search function to connect job searchers with possible employers.

Launched earlier this month, it allows companies with subscriptions ($1,500 annually per recruiter) to click on a job in their interface and message candidates. "Let's say you're searching for a developer at Google: You click on the job on a developer position that's in our interface, you say, 'Show me the candidates' and it shows you the candidates automatically."

Although it's too soon for clients like Pepsi and Groupon to report hires, the new tool allows recruiters to go "above and beyond the resumé." For example, talent acquisition folks looking for a cultural fit can drill into candidates' interests.

Le Viet points out that "for a company like the Gap, they're hiring a lot in stores around the world. They want people who like fashion; they don't want people in the stores who hate clothes. You want people who will have some type of affinity to your brand or to brands (that) are similar. Facebook allows you to do that, so if you're a fan of Banana Republic, they're interested in you because they're in the same ecosystem."

Given this new era of hiring, what does it mean for the resumé? "Resumés are being overtaken by social profiles and your social footprint. I think people will get more and more educated and make sure that everything they display in a public manner is clean."

You're hired!

Stephane Le Viet's tips for Facebookers looking to get a gig with Work4:

- **Review your public:** "Make sure you're comfortable with it. Don't look at it in the perspective of only removing content."
- **Add information:** "This will make you findable. This will also make your public profile look richer. Add where you studied and your major, where you work and past work experiences."
- **Add special skills:** "It's something where you can say, 'I'm an expert in marketing' or 'I have a professional skill in accounting' so people can find you better."

Aim for a page worthy of a few likes from your friends and employers alike. ISTOCK

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He's cute, but does he think? Becksistentialism says yes

Philosophy. After the soccer icon's move to Paris, a professor felt it was time to document his internal monologue

KIERON MONKS
Metro World News

Sport has never known a global icon like David Beckham, a perfect marriage of clean-cut glamour and a stellar record on the soccer field.

But as Goldenballs made his final move to Paris last year at 37, a French philosophy professor wondered if the city of Sartre, Camus and Proust would raise feelings of mortality in the superstar.

The result was Becksistentialism — a diary of Beckham's "internal monologue as he collides with the Parisian intellectual tradition" featuring encounters with classic philosophers and French actor Eric Cantona. The online series became a hit and ahead of delivering a lecture on it, author Andy Martin of Cambridge University told us more.

In this June 18 file photo, David Beckham plays soccer with children at Nanjing Olympic Sports Centre in Nanjing, China. The superstar is best known for scoring and squeaking, but now a professor is imbuing him with a dark side. CHINAFOTOPRESS/GETTY IMAGES FILE

Les miserables of sport

Who else needs this philosophical treatment?

- "The first figure I thought of was Eric Cantona but also Andy Murray, because he is rather miserable," says author Andy Martin. "He's like listening to bagpipes."
- For more, visit becksin-paris.tumblr.com.

What makes Beckham a good subject? Is he a blank canvas?
That's right to an extent but he's also good because he acts philosophically without being articulate. There are messages in his tattoos and haircuts. He's also a bit irresistible as a subject because he is seen as not thinking, which is probably a mistake, and I rectify that.

Is the Parisian philosophy scene a descent into hell or an awakening for him?
He's in a transitional state at the end of his footballing career and his quest is now to define himself as an individual. He's in the twilight, and while Alex Ferguson wants him to only be The Footballer, Beckham doesn't want to be confined by such a simplistic definition — he has divergent, conflicted selves. One reason for his being a good ambassador is that he never says anything offensive, but I can do it on his behalf.

Which philosopher is he closest to?
It would have changed at different times, but Sartre's "Hell is other people" line summarizes his relationship with Ferguson.

What sort of reaction are you expecting when Beckham hears about this?
I think he has a good sense of humour and would take it well. People forget that philosophy is all about jokes.

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CFL

Pierce adopts 'whatever-it-takes' attitude for Lions

Buck Pierce blocking and blocking again. Rushing the ball, diving ahead for extra yards with three larger defenders in pursuit.

On a number of occasions Friday, Pierce, the nine-year veteran quarterback acquired in a trade with Winnipeg in September, was willing to sacrifice his body for the good of the B.C. Lions in their victory over the visiting Edmonton Eskimos.

He did so despite his history of concussions and other severe injuries.

"I'm a football player, first," said Pierce, who entered the game in the second quarter to relieve Thomas DeMarco. "Whatever it takes to get in the end zone."

Pierce isn't subscribing to the cautious approach.

"Once you start thinking like that, it's time for you to move on and get out of the game."

On two separate Stefan Logan rushes, Pierce became the lead blocker, delivering blocks with textbook technique.

"That gives your sideline a tremendous boost," said head coach Mike Benevides.

The acquisition of Pierce came seven days before Travis Lulay injured his throwing shoulder.

Lulay hasn't played since and has been throwing lightly following team practices.

The West semifinal, in which the Lions will travel to Regina to play the Saskatchewan Roughriders, is on Nov. 10.

In the short term, Benevides also has to decide who to name as the starter for the regular-season finale on Nov. 1, when the Lions host the Calgary Stampeders.

"Stay tuned," he said.

CAM TUCKER/METRO

Buck Pierce
DARRYL DYCK/THE CANADIAN PRESS

Sanvezzo golden in Whitecaps finale

MLS. Local side won't compete in playoffs, but it finishes the year with win over Colorado

CAM TUCKER
cam.tucker@metronews.ca

Camilo Sanvezzo is mobbed by his Whitecaps teammates after scoring his second of three goals against the Rapids on Sunday at BC Place Stadium. Sanvezzo clinched the MLS Golden Boot with the goal. DARRYL DYCK/THE CANADIAN PRESS

It's curtains for the Vancouver Whitecaps in 2013.

The local Major League Soccer side concluded the regular season with a 3-0 victory over the visiting Colorado Rapids before a sold-out crowd of 21,000 fans at BC Place Stadium.

It was simply a formality. The season was lost last weekend against the same Rapids, only this time on the road. There won't be a second consecutive MLS Cup playoff appearance for the Whitecaps.

Instead, they'll finish seventh in the Western Conference with an abundance of questions surrounding the club as the off-season now begins.

Some of those will likely have answers soon, while others may go unanswered for a while. The most pertinent, of course, being what will become of current head coach Martin Rennie.

Whitecaps president Bob Lenarduzzi has said a decision on the coach would be made early in this upcoming week.

In 2012, the Whitecaps finished with 11 wins and surpassed that mark this year with 13. That was under Rennie's guidance.

But they failed to make the playoffs this year, due to another late-season collapse.

"We feel that we've actually done extremely well," said Rennie. "Obviously we want to do better."

But Sunday was about closing out the season and Camilo Sanvezzo did so in style. He came into the game with 19 goals, and needing two to win the MLS Golden Boot.

He scored a hat trick, finishing with 22 goals.

"I'm very proud. Tonight, the players helped me a lot, gave me a lot of chances," said Sanvezzo.

Upon scoring his second goal of the match, Sanvezzo tied Mike Magee's total for the season. Sanvezzo, however, clinched the league award with more assists.

Turns out, he didn't need assists to secure the Golden Boot. Instead, Sanvezzo netted one more in the 84th minute, claiming it outright.

"I trained hard every single day; the coaching staff helped me a lot and the players, too," said Sanvezzo. "Tonight is unbelievable, like how many opportunities I have and I just want to say 'Thanks' (to the players)."

End of the road

Sunday marked the end of Y.P. Lee's illustrious playing career.

- The Vancouver Whitecaps announced earlier in the week that the South Korean defender would retire following Sunday's match against the Colorado Rapids.
- "I have retired from soccer tonight but I'm feeling so happy this moment because it is exactly what I wanted ... from when I was young," said Lee after the match, a 3-0 victory for the Whitecaps to close out their 2013 season.

NHL. Canucks return home road warriors

The epic seven-game road trip is over. The Vancouver Canucks will now settle in for a modest homestand.

The Canucks open this three-game stay at Rogers Arena on Monday, as they face Alex Ovechkin and the Washington Capitals on Monday.

The Canucks come back having won their last three games, including an overtime victory in St. Louis to conclude the trip on Friday, after playing and travelling the previous night.

And so it is, at 5-1-1, the club's most successful road trip in its history. The team didn't practise Saturday or Sunday.

Perhaps the best news coming back is the production of Ryan Kesler.

After a slow start to the season, the speedy forward scored six times on the trip, and is now up to seven goals. Head coach John Tortorella moved him to the right wing on a line with the Sedin twins and the results have been instantaneous and plentiful.

But the trio is also playing a ton.

Not only have Kesler, who has dealt with numerous injuries over his career, and the Sedins been used to great lengths at even strength and the power play, they've also been used on the penalty kill, adding to their workload.

The Capitals are coming off a 5-2 loss in Calgary on Saturday, in which Ovechkin was held off the scoresheet.

He still enters Monday tied with Alexander Steen of the Blues for the league lead in goals with 10.

CAM TUCKER/METRO

Ryan Kesler BRUCE BENNETT/GETTY IMAGES

4 SPORTS

Sports in pictures

1 **CFL.** Maybin an Argonaut

Aaron Maybin, a former first-round draft pick of the Buffalo Bills, joined the Argonauts' practice roster on Sunday, three days after watching Toronto's 36-21 home win over Winnipeg.
THE CANDIAN PRESS

2 **NHL.** Sabres send Vanek to Long Island

The New York Islanders acquired forward Thomas Vanek from the Buffalo Sabres on Sunday night for forward Matt Moulson, a first-round pick in 2014 and a second-round pick in 2015. THE ASSOCIATED PRESS

3 **Tennis.** Serena seals WTA title over Li

Serena Williams ended her best season in style, coming from behind to beat Li Na 2-6, 6-3, 6-0 on Sunday for her second straight WTA Championships title.
THE ASSOCIATED PRESS

The Red Sox's Jonny Gomes celebrates his three-run home run off Cardinals relief pitcher Seth Maness during the sixth inning of Game 4 of the World Series Sunday in St. Louis. JEFF ROBERSON/THE ASSOCIATED PRESS

Jonny-come-lately squares things up with 3-run homer

World Series. Unlikely hero teams up with red-hot David Ortiz to even series at 2-2

Game 4

Red Sox	Cardinals
4	2

Jonny Gomes got the Red Sox even in this wild World Series, thanks partly to Shane Victorino's aching back.

Inserted into the lineup about 75 minutes before gametime, Gomes hit a three-run homer off reliever Seth Maness in the sixth inning that led Boston to a 4-2 win over the St. Louis Cardinals on Sunday night, tying the Series at two games apiece.

Felix Doubront and surprise reliever John Lackey, both starters during the regular season, picked up for a gritty Clay Buchholz to help the Red Sox ensure the Series will return to Boston.

And one night after that game-ending obstruction call, another unusual ending. Koji Uehara picked off rookie pinch-runner Kolten Wong at first base for the final out — with post-season star Carlos Beltran standing at the plate.

Game 5 is Monday night at Busch Stadium, with Boston left-hander Jon Lester facing Cardinals ace Adam Wainwright in a rematch of the opener won 8-1 by the Red Sox.

Gomes helped get Boston started in the fifth when he followed David Ortiz's leadoff double with a 10-pitch walk that tired starter Lance Lynn, who had faced the minimum 12 batters through the first four innings.

Stephen Drew's sacrifice fly tied the score 1-all, erasing a deficit created when centre fielder Jacoby Ellsbury's third-inning error advanced Matt Carpenter into scoring position for Beltran's RBI single.

Ortiz, who homered in the first two games of the Series, had three of Boston's six hits and was the club's leader, smacking his hands together and screaming at teammates to get going when he pulled into second base on his double.
THE ASSOCIATED PRESS

NFL. Lions roar back to win shootout over Cowboys

Calvin Johnson thought Matthew Stafford was going to spike the ball for at least another snap.

The Dallas Cowboys did, too.

Stafford's one-yard lunge over a pile of linemen with 12 seconds left and Johnson's 329 yards receiving lifted the Detroit Lions to a 31-30 win over Dallas on Sunday.

"I was yelling that I was going to spike the ball," Stafford recalled. "But their linebackers were just standing there."

The Cowboys weren't just standing around letting Johnson make catch after catch, but he made them look helpless.

Johnson almost broke an NFL record, and could celebrate the feat because of a comeback from a 10-point, fourth-quarter deficit that some people who entered Ford Field didn't see because they had left.

"Even our fans didn't think we could pull this one out," he said. "They were leaving, but we knew we could do it."

Johnson's total trails only the 336 yards receiving Flipper Anderson had for the Los Angeles Rams against New Orleans on Nov. 26, 1989, in a game that went into overtime.

The Cowboys dared Detroit to throw to Johnson with a lot of one-on-one coverage. They usually asked cornerback Brandon Carr to do the improbable by defending him by himself, and sometimes attempted to slow him down with a zone.

"He had his way," Carr said. "And we couldn't find a way to keep him from rolling."
THE ASSOCIATED PRESS

Lions receiver Calvin Johnson makes a catch between two Cowboys players on Sunday in Detroit. Johnson had 329 yards receiving in the Lions' 31-30 win. GETTY IMAGES

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	11	8	3	0	39	31	16
Toronto	12	8	4	0	40	30	16
Boston	10	7	3	0	30	17	14
Detroit	12	6	4	2	27	33	14
Montreal	11	6	5	0	33	22	12
Ottawa	11	4	5	2	30	32	10
Florida	12	3	7	2	26	42	8
Buffalo	13	2	10	1	20	37	5

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	11	7	4	0	35	28	14
Carolina	11	4	4	3	25	33	11
NY Islanders	11	4	4	3	35	36	11
Columbus	11	5	6	0	31	29	10
Washington	11	5	6	0	32	35	10
New Jersey	11	2	5	4	24	36	8
NY Rangers	9	3	6	0	15	33	6
Philadelphia	10	3	7	0	18	27	6

Sunday's results
San Jose 5 Ottawa 2
Tampa Bay 4 Florida 3 (SO)
Anaheim 4 Columbus 3
Colorado 3 Winnipeg 2
Los Angeles 2 Edmonton 1 (SO)
Saturday's results
Phoenix 5 Edmonton 4
San Jose 2 Montreal 0
New Jersey 4 Boston 3
NY Rangers 3 Detroit 2 (OT)
Toronto 4 Pittsburgh 1
Tampa Bay 3 Buffalo 2
Philadelphia 5 NY Islanders 2
Winnipeg 2 Dallas 1 (SO)
Minnesota 5 Chicago 3
St. Louis 6 Nashville 1
Calgary 5 Washington 2
Monday's games — All Times Eastern
Dallas at Buffalo, 7 p.m.
Pittsburgh at Carolina, 7 p.m.
Montreal at NY Rangers, 7:30 p.m.
Chicago at Minnesota, 8 p.m.
Washington at Vancouver, 10 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	11	10	1	0	35	16	20
Chicago	11	6	2	3	34	32	15
Minnesota	12	6	3	3	29	26	15
St. Louis	9	6	1	2	35	23	14
Nashville	12	6	5	1	23	32	13
Winnipeg	13	5	6	2	32	37	12
Dallas	10	4	5	1	26	31	9

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	12	10	1	1	48	20	21
Anaheim	12	9	3	0	39	31	18
Vancouver	13	8	4	1	38	37	17
Phoenix	12	7	3	2	40	39	16
Los Angeles	11	7	4	0	33	29	14
Calgary	11	5	4	2	34	39	12
Edmonton	12	3	8	1	35	48	7

Note: Two points for a win, one point for overtime loss.

MLB PLAYOFFS

WORLD SERIES
(BEST OF 7)

ST. LOUIS VS. BOSTON
(Series tied 2-2)
Sunday's result
Boston 4 St. Louis 2
Saturday's result
St. Louis 5 Boston 4
Monday's game — All Times Eastern
Boston (Lester 15-8) at St. Louis (Wainwright 19-9), 8:07 p.m.
Wednesday's game
St. Louis (Wacha 4-1) at Boston (Lackey 10-13), 8:07 p.m.

GOLF

PGA
CIMB CLASSIC
At Kuala Lumpur, Malayisa
Final Round — Par 72
x-Won on first playoff hole

x-Ryan Moore, $1,260,000	63-72-69-70—274 (4)
Gary Woodland, $756,000	68-70-67-69—274 (5)
Kiradech Aphibarnrat, $406,000	67-69-69-70—275
Chris Stroud, $406,000	67-69-68-71—275
Aaron Baddeley, $280,000	73-67-70-66—276
Jimmy Walker, $252,000	74-68-67-68—277
Graham DeLaet, $218,166	**72-67-68-71—278**
Harris English, $218,166	71-67-71-69—278
Charles Howell III, $218,166	69-72-69-68—278
Also:	
David Hearn, $14,070	**72-70-73-81—296**

CFL

WEEK 18

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Toronto	17	11	6	0	487	435	22
x-Hamilton	17	9	8	0	416	461	18
x-Montreal	17	7	10	0	436	451	14
Winnipeg	17	3	14	0	354	548	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Calgary	17	14	3	0	542	387	28
x-Sask.	17	11	6	0	493	368	22
x-B.C.	17	10	7	0	478	454	20
Edmonton	17	3	14	0	391	493	6

y — Clinched division title
x — Clinched playoff berth
Saturday's results
Calgary 29 Saskatchewan 25
Hamilton 27 Montreal 24
Friday's result
B.C. 43 Edmonton 29
Thursday's result
Toronto 36 Winnipeg 21

NFL

WEEK 8

Sunday's results
Kansas City 23 Cleveland 17
New Orleans 35 Buffalo 17
New England 27 Miami 17
Detroit 31 Dallas 30
N.Y. Giants 15 Philadelphia 7
San Francisco 42 Jacksonville 10
Oakland 21 Pittsburgh 18
Cincinnati 49 N.Y. Jets 9
Arizona 27 Atlanta 13
Denver 45 Washington 21
Green Bay 44 Minnesota 31
Monday's game — All Times Eastern
Seattle at St. Louis, 8:40 p.m.

MLS

Sunday's results
Houston 2 D.C. United 1
New England 1 Columbus 0
New York 5 Chicago 2
Vancouver 3 Colorado 0
Los Angeles 1 Seattle 1
Saturday's results
Toronto 1 Montreal 0
Kansas City 2 Philadelphia 1
Portland 5 Chivas USA 0
San Jose 2 Dallas 1
(End of MLS Regular Season)

Horoscopes

♈ Aries
March 21 - April 20
You cannot expect to control each and every situation in life and if you do then disappointment is inevitable.

♉ Taurus
April 21 - May 21
Your energy and enthusiasm are high, thanks to the influence of Mars in the most dynamic area of your chart, but what you start you will be expected to finish, so don't take on too many new projects.

♊ Gemini
May 22 - June 21
You may be eager to get going and prove yourself but cosmic activity in the work and wellbeing area of your chart means you must not do too much.

♋ Cancer
June 22 - July 23
If you push too hard you may turn people against you. It will pay you to keep your activity limited, at least until midweek when the approaching influence of the eclipse will spur you into action. Save yourself for then.

♌ Leo
July 24 - Aug. 23
Set your sights high and don't accept second best. Some people, including those you love, may tell you that you should rein in your ambitions but that's nonsense.

♍ Virgo
Aug. 24 - Sept. 23
What you say and do over the next few days will, to a large extent, decide your fate for the remainder of the year. These are serious times and the universe has serious tasks for you to perform.

♎ Libra
Sept. 24 - Oct. 23
There are so many things you want to do but if you rush you may peak too soon, so pace yourself sensibly.

♏ Scorpio
Oct. 24 - Nov. 22
As far as you are concerned the world is divided into two kinds of people: winners and losers. You, of course, are one of life's winners and what you do over the next few days will prove it. Be brilliant!

♐ Sagittarius
Nov. 23 - Dec. 21
You may not care what the world thinks about you but if you are smart you will pay attention to what those closest to you say.

♑ Capricorn
Dec. 22 - Jan. 20
Listen to advice from friends and family but listen to your inner voice too. Whatever questions you may have, the answers can be found in your own heart as much as in the wider world – and they're more reliable.

♒ Aquarius
Jan. 21 - Feb. 19
The planets urge you to push your fears and doubts to one side and step boldly into the public domain. You may by nature prefer to stay out of the spotlight but you also have an important message for the world.

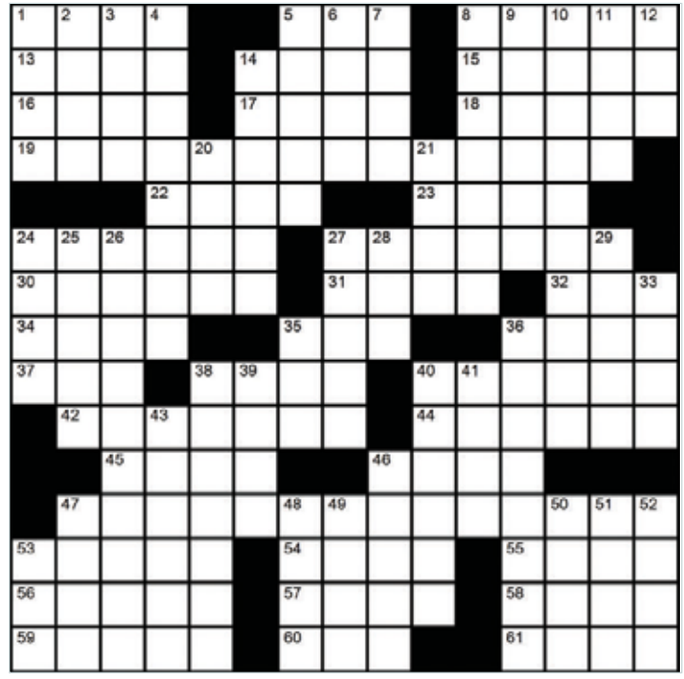
♓ Pisces
Feb. 20 - March 20
So many things are uncertain at the moment but one thing is for sure: whatever setbacks and upheavals you may encounter you will come up smelling of roses.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



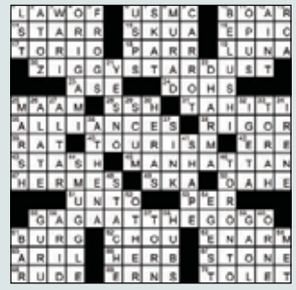
Across

1. Mike Myers' directorial debut, "Supermensch: The Legend of __ Gordon" (2013)
5. Canadian hwy. miles
8. Not __ __ (Not so distant)
13. __-hoop
14. TV series
15. Stage
16. "__ fair in love..."
17. Entreaty
18. Promotions guy, _ _ __
19. House of Commons time: 2 wds.
22. Tempo
23. Not a Teamster, e.g., __ _
24. Resist
27. 1972 Neil Young album
30. Bobby Vinton's "Roses __ (My Love)": 2 wds.
31. "I'd like _ __, please." (Bakery request)
32. Outlying
34. Cobblestone
35. Liq. measures
36. Towel dry
37. Full amount [abbr.]
38. India.__
40. Ms. Nicks
42. Miami rapper
44. St-__ (Canadian BBQ sauce brand)
45. Bible kid
46. Ms. Gilpin of "Frasier"
47. Canadian figure skating legend: 2 wds.
53. Camouflage colour
54. Antarctica's Prince __ Coast
55. "__, __ quiet!"
56. Rolling Stones album: '__ __ Bleed'
57. Remote button
58. Prince of Wales' motto, Ich __ (I Serve)
59. Walk leisurely
60. Dog or cat
61. Irish songstress

Down

1. NBA great Mr. O'Neal
2. Web streamer of TV series
3. Vogue competitor
4. Travel document issuer, __ Canada
5. Ms. Kardashian
6. Faucets company
7. Give and take
8. Sanction
9. Sacred structure
10. Women's Rights in Canada, late-1920s: Group behind the 'Persons Case' to give women the right to sit on The Senate: 2 wds.
11. "...take _ __ song and make it better." - The Beatles
12. Stimpy's pal
14. Made the recipe 'hot'
20. Zap with a stun gun
21. "Just you wait, '__ 'iggins..." - Eliza Doolittle
24. Brewer's kiln
25. Before surgery, informally
26. Dress parts in history
27. Eyes colour
28. MGM's motto, __ Gratia Artis
29. South America animal
33. Jackie Wilson's "__ Petite"
35. Vegetable __
36. Installment of an online TV series
38. Skill
39. Old Scandinavian symbol
40. Bundle wheat
41. Go sour
43. Silent film successor
46. __ & Whitney Canada (Aircraft engine company)
47. Vincent's art world brother
48. Frolic
49. Hint
50. Sparse
51. Comply
52. "99 Luftballons" singer
53. Alphabet sequence

Friday's Crossword

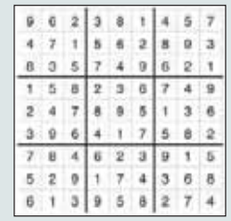


Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

1								3
	7	8		4		1	9	
6		9				7		2
		6	3		1	9		
		5	8		7	2		
9		7				4		8
	8	1		6		5	3	
4								1

Friday's Sudoku



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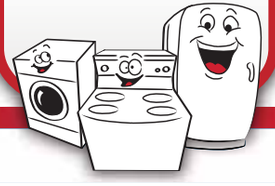

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